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Pap. March 15th. 1827
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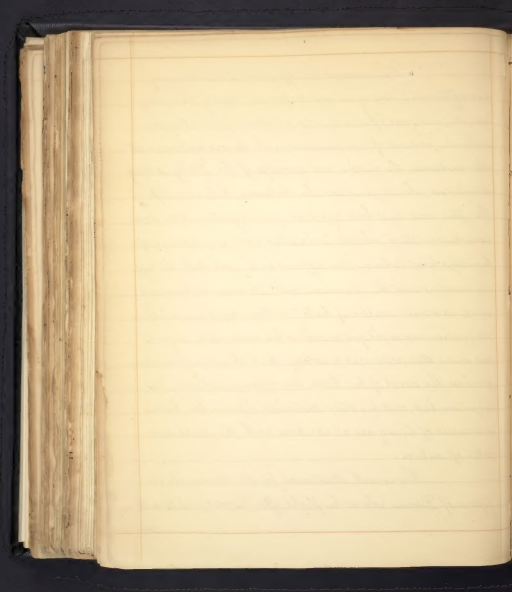
In conformity to the rules of the University of
Pennsylvania, which require, that each candidate for the
honours thereof should write an essay on some subject connected
with the science of medicine, I purpose to say a few words
on Dyspepsia, and though I despair of being able to advance
any thing new or interesting either in its cure or prevention,
still I shall console myself with the no less old than true
maxim - non omnia possumus omnes,

John J. Sullivan



7
Dyspepsia is the offspring of ease, luxury
and affluence. Among savage tribes and among the needy
and the indigent of society, it is a disease, if not altogether
unknown, at least of rare occurrence. In this as well as in all
other instances, the justice and goodness of the Deity is clearly
manifested, who compensates the toilsome, laborious life of
the poor man by a keen appetite, good digestion and a sound,
undisturbed sleep, whereby exhausted nature is restored after
his days hard labour. How different is the case with the lazy,
the indolent and the luxurious man! He comes to his usual
meals as a mere matter of habit, without appetite, relish, or
satisfaction, and is obliged to seek in his condiments, ragouts,
and wines, that incitement to eating, which the industrious man
finds in the sweat of his brow. His appetite is cloyed, his
digestion bad, and his sleep disturbed, because his habits
and mode of living are at variance with the wants and
calls of nature.

This is well illustrated by the memorable con-
fession of Darius, who in his flight, after his discomfiture by

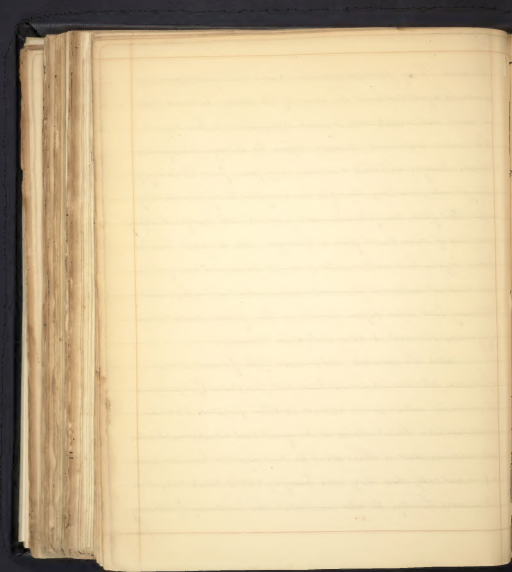


Alexander, being parched with thirst, and having drunk out of a wound dyed red with the blood of the slain, declared that he never had drunk with so much satisfaction in his life.

The reason is obvious. Because before he always anticipated thirst. Hunger extorted a similar confession from Ptolemy of Egypt, who, on a tour through his kingdom, being accidentally separated from his followers, and pinched with hunger, thankfully accepted of bran-bread from a cottager, and declared that he never before had eaten with so much pleasure and gout.

We need not wonder at this declaration, when we reflect, that Ptolemy had never before procured the proper sauce, *hungry-junius Stomachus raro vulgaris tenuit.*

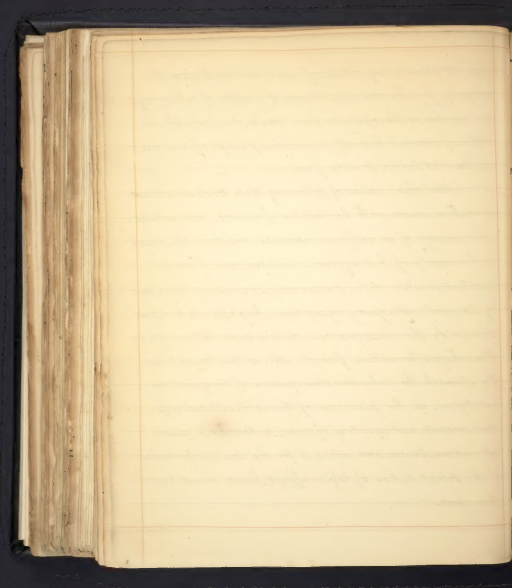
were the example and counsel of the famous martyr of Greece followed, we would have but few cases of dyspepsia to encounter either in our own, or in other persons. I hardly need mention that I allude to the great and illustrious Socrates, who recommended to others what he practised in his own person, i.e. to eat only when they were hungry, and to drink only when they were thirsty. He also inculcated the propriety of abstaining
from



from all stimulating articles of meat and drink, and the necessity, for the due maintenance of health, of taking regular exercise in the open air, from which, it is probable, the Father of medicine himself derived his precept of *admodum exercitio let labour precede food.*

But when, instead of following these wholesome counsels so much in unison with the dictates of nature, men indulge the cravings of an artificial appetite, overload the stomach with a variety of heterogeneous articles, and lead an indolent, inactive life, it is no way surprising, that a train of the most distressing symptoms, hereafter to be noticed, should be the consequence. *dulcia se in bilem vertant, Stomachique tumultum ferant.* Nor is this turmoil in the stomach the only bad consequence of too great an indulgence in the pleasures of the table. It destroys that serenity and equality of mind so desirable under all circumstances, and unfits it for the due performance of the social duties of life. *affligit humo diving partem, tam auro.*

Dysp.



[illegible]





which must be attended to in the treatment of the
dyspepsia. The stomach is the seat of the
digestion of food, and the seat of the
absorption of the nutrients.

It there are several causes. But dyspepsia is
also frequently a symptom of disease of the
stomach, even a small part of the stomach, with the
connection between the stomach and every part of the
intestine, the the healthy function of the stomach is
some measure is lost when that of the stomach is
lost and the stomach.

The symptoms of dyspepsia are various, many
symptoms of dyspepsia are common, and they are
especially when the stomach is the seat of the
dyspepsia, and the symptoms of dyspepsia are
the same as the symptoms of dyspepsia, and the
symptoms of dyspepsia are the same as the
symptoms of dyspepsia. The symptoms of dyspepsia
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symptoms of dyspepsia.



And it is not uncommonly attended with
nausea and vomiting. The tongue is usually coated
with yellow mucus in the centre, particularly in the morning
when even some disagreeable taste is the result in
the progress of the disease it becomes almost white.
Though the preceding are the most usual symptoms of
dyspepsia, they are not the only ones. It is often attended
by vertigo, palpitations of the heart, tenderness of the
scalp, nervous and muscular tremors, and various
numbness, the dolours are attended with dyspnoea, frequent
tongues, a sense of want of air, retraction of the lower
extremities motionless of the abdomen, anorexia, gas-
tric depression and acute emaciation.

Dyspepsia never proves fatal until by continuing
genera debility it passes into some other disease.
In post mortem examination the most frequent appearances
are found chiefly confined to the liver, spleen and
pancreas. The first is usually found increased in size and the second
enlarged the third diminished in size and the third



serious. Other parts of the stomach besides the pylorus frequently bear marks of chronic inflammation and it is generally found either flabby and relaxed or distended with air.

From the number and diversity of gastric affections, the treatment of dyspepsia is very embarrassing. There are however three general indications to be fulfilled first to obviate the remote causes, second to relieve urgent symptoms, and third to restore the tone of the stomach. The first indication can only be fulfilled by a renunciation of those habits and pursuits that predisposed to the disease. For whilst they are persevered in, it would be idle and unprofitable to attempt a cure. The second indication is to be fulfilled by the removal of the irritants of the stomach. This can best be done by an emetic of ipecac, which evacuates the stomach without producing exhaustion. By an emetic timely administered, we sometimes succeed in restoring the tone of the stomach and putting a stop to the disease in its course. Next we resort to the milder purgatives, such as rhubarb



is continued, stands and quiescent, or in the superior and inferior
in equal portions. This induces often the bowels act
above the stomach to their rise, but not induced properly.
The same and drastic purgatives are unnecessary, the reason
is necessary to increase the mobility, thereby causing in
the stomach, by canal, and consequently to produce the effect
that were intended to remove, namely costiveness.

Acidity is one of the most distressing symptoms attendant
on dyspepsia, it produces flatulency, eructation, and a
great degree of the requires treatment. It is induced by indiges-
tion arising from the retention of food and water too long in
the stomach which may be owing to the weakness of its muscles
for as to some impediement to its evacuation through the
pyloric orifice. Spasmodic of the pylorus may cause this
impediement, and be relieved that it is usually relieved
by acidity. Arising from the latter cause, acidity is usually
arising from the former, it may be corrected by lime water
and such in equal portions or by the alkalies. When
acidity is attended by costiveness, calomel, magnesia is



an excellent remedy. Though sweet in itself by an union
with the acid of the stomach it forms a mild laxative
and corrects the superabundance of the acid by its abso-
lute properties. usually it is not infrequently attended by
turgescence, which may be relieved by the cretaceous soap.

But of all the remedies used for correcting acidity, flatulency,
and gastrocypnia, rectory ashes and foot powder is the most
efficient. The prescription is one pound of the sweetest root
a pint of the root in a gallon of boiling water. The
root is to be boiled in water till it is reduced to half its
weight. The root should consist of sweet root as being least active
in its action for the stomach. Any simple emollient such as turn-
ip root should be less powerful of action. Two grains of opium
may be added and taken immediately after meals will sometimes
be used in removing flatulency. But the root of sweet root
is sometimes such as to cause other must be of some
more use in new with the indication. This painful affection
is often attended by spasm which though relieved for the moment



and the other is not above a few feet. The first is the
highest and is the most fertile. It is a kind of black and
sandy soil, and is very good for growing grain. The
second is a kind of red soil, and is not so fertile. The
third is a kind of yellow soil, and is not so fertile. The
fourth is a kind of white soil, and is not so fertile. The
fifth is a kind of brown soil, and is not so fertile. The
sixth is a kind of black soil, and is not so fertile. The
seventh is a kind of red soil, and is not so fertile. The
eighth is a kind of yellow soil, and is not so fertile. The
ninth is a kind of white soil, and is not so fertile. The
tenth is a kind of brown soil, and is not so fertile.

There are other of the varieties of *Myoporum* which are
to be seen in the western coast, as such as *Scutellaria*, *Lupinus*
and *Scorpius*. But it is frequently met with in the high lands
of Scotland and in some parts of the western states of this country.
It is generally possessed by the same ones diet though it is
sometimes met with among the well fed and the tame ones.
It may arise from excess in eating or from drinking large
quantities of water. It is a kind of disease which is the
stomach affected by the most common causes of indigestion. It
is a kind of disease which is a common one and is a small heart
and cannot pass. In this kind of disease, the heart is in



is done, and the first one. The treatment such
a case calls for, and the only one to achieve it, is to
get rid of the cause. If there be much flat belly, and
a sense of sinking, the carbonate of ammonia must be given
or strong tea, is an excellent remedy. Both of these are very
useful, it should be given, and continued. For the
removal of flatulency, the best, and most powerful,
is a decoction of the leaves of the *Urtica dioica*, or the
root and apophysis are indicated. The *Urtica dioica* is the
usual bitter herb, and the *Urtica dioica* may be given by itself, or
coupled with some other, such as the *Urtica dioica*, or the
root and apophysis, and the carbonate of ammonia
are also very good. If these articles do not fail to give relief
but depression, perhaps become necessary.

It is upon many, from a sense of the value of
this medicine, that the *Urtica dioica* is given, and
when combined by hand, there is an idea also of
the *Urtica dioica*. The *Urtica dioica* is the
best, and the *Urtica dioica* is the best.



human rights are necessary for healthy revolutions of the
human race.

The most extensive source of the acids
cause, which is atoms of air stomach is to be effected by fermentation
and antizymus. The nature the vegetable matter such as
grapes, wheat, yeast, hop and the pumkin bark, and
the character which in this disease seem entitled to a
reference, cause the superior degree in the stomach
and through it on the whole system is more lasting, if it serves
of removing the carbonate and sulphate of iron are considered
the most efficient. The best antizymus are the vitriolic and
mucous acids, and the powdered lactose & eras.

The preceding is an outline of the treatment of dyspepsia as it usually occurs, to which it will be seen that many, one of the causes are indispensable in its cure. We are told by Professor Chapman, than whom we need not look for truer authority, that even in the confirmed stage of the disease attended by the constant tongue sore and burning catarrhs, he sees great permanent relief and



of the heart and arteries. In some cases, however, by repeated mild & moderate exercise, a cure is effected, and not much more than consists of rest, and the lighter meats will usually prove to cure indigestion. The only cases

But in the progress of the bronchitic inflammation frequently supervenes upon the system, a considerable degree of internal heat is soon and source of the empysem, and hypochondriac regions a hard quick and corded pulse, low liver, & hoarse flesh hard dry cough and expectoration. The inflammation here may extend to the lungs and produce consumptive phthisis. But the duodenum, pancreas, spleen and particularly the liver from their vicinity to the stomach are more apt to take on its affections, and the new or symptomatic disease generally proves more unmanageable than the original, though it entirely relieves the stomach. The reason seems to be, that the stomach performs a greater portion of the vis vitæ, whereby it is enabled to bear its weight & effect on some neighbouring viscera, and these usually require strength by the transference of acquired fluids.



In this form of the disease small and repeated bleedings are indicated. Spices in small doses, ~~used~~ made into pills and permitted to dry, so as not to irritate, is very good and seems to act as an alterative. Leeches to the epigastrium and a blister to the same part after the abstraction of blood are unnecessary as arising in inflammation. The strength is to be supported by a light and nutritious diet, and by small and diluted quantities of wine. To reduce the inflammatory tendency without abstaining from a generous and nourishing diet, is at this period, an object of the highest importance. To fulfil this indication in medicine seems to be more appropriate, than the use of potash. It diminishes the heat of the body, reduces the frequency of the pulse and promotes the action of the bowels and kidneys.



At that time is exhibited an interesting case, and the
question of the necessary operations at the stage of the disease
is very difficult. They are to be the same as the lower, and
clear the way for the free flow of the bile into them. The most
important is the operation of half a grain of calomel twice
to the dose, answer very well. If the foregoing remedies should
fail, salivation is our only resource.

There is a case of dyspepsia arising from indigestion, vom-
pulence and retention of acridly viscid phlegm
and top of appetite. Here the structure of the stomach is
correct, the yellow coat being merely elevated to resist
evacuation. The proper treatment in this case consists
in the exhibition of stimulating drinks, warm carbonates
of ammonia, and a general encephalic. But without the
patients reformation in place of treatment will succeed.
we may palliate, but cannot cure. When the phlegm
becomes purulent, we administer, etc. etc. etc. we have
at length all that can be done is to keep the bowels
open and administer opiates to relieve pain. The same



ulcers. The case is more complicated and beyond the power
of the healing art.

Nothing to be collected from what has been said that the
treatment of this disease in the first stage is which I mean
the stage in which we have only, and exclusively, a
disease in restoring the true action of the stomach and
bowels by emetics, purgatives and tonics in correcting the
secretion of the mucus which is altered by the use of narcotic
and in stimulating injudiciously, and in small quantity
and only, the strongest medicines, and that of the second
stage is which we have exclusively a disease in
supporting the strength by tonics and in treating the
and in palliating urgent symptoms by opiates. I now
only demand, and to make a few observations on the
first, proper for dyspeptic patients.

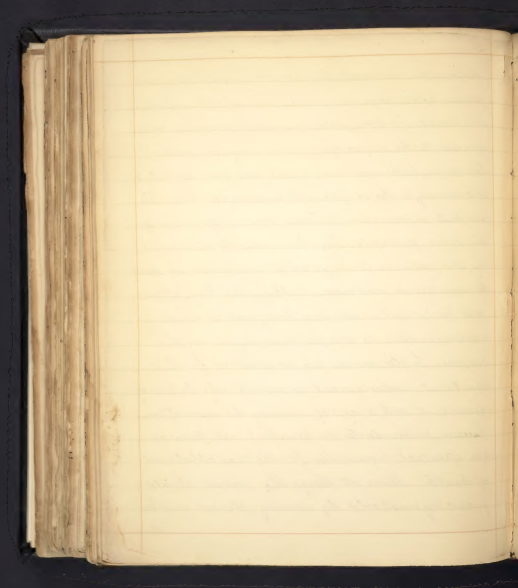
When it is a direct result of such is the
fact that a dyspeptic case is, it is not only related
to the simple forms of dyspepsia but even to complicated



and red wine are injurious. With some should be
resorted to the richest & best substitute for it
is chocolate which should be prepared in a particular
manner, by roasting, allowing it to cool and throwing off
the oily surface and then melting and incorporating it in
the usual manner with cream and sugar. The opium
of beef is a strong and not dissimulating article. The light
meats may be used moderately for dinner. But under
pain of some of every description and rigors are allowable.
But pork and lamb, geese and ducks are to be pro-
scribed because they contain a greater portion of fat and
macerage which are hard of digestion and therefore
disagreeable. Livers of every kind are injurious. So
are the eggs and fish. Potatoes and corned rice are
the only vegetables at all allowable. The patient should
eat frequently and sparingly of the simplest & whole-
some as in drink should be taken because by
stimulating the stomach with liquors the debility of
the gastric juice is increased by the attraction.



water is the best drink the patient can take. But if his former habits require it, a little brandy and water may be allowed. In long protracted cases of dyspepsia, remedies applied to the surface often prove very serviceable. The warm bath used twice a week does good, not only by determining to the surface, but by acting as a tonic. The cold bath in some cases produces similar effects, and upon the same principle. The choice must be determined by the patient's feelings, which, as a general rule, should be consulted in most cases. Rubbing the body all over with basket salt is also very beneficial, by causing a determination to, and producing a glow on the surface. To old maids are we indebted for this practical improvement in our art, who habitually resort to it with a view of repairing the waste of time. Exercise, particularly on horseback, and pure air are essential requisites for the reestablishment of health. Above all things the patient should guard against cold by wearing flannel next his skin.



skin, and in case of cold feet, should have his socks
dusted with cayenne pepper. He should rest, but
not sleep after meals. In short, the prophylactic
course may be summed up in the following
adage: *si tibi deficiant medici, medici tibi fiant*
hoc tua, mens lecta, requies, moderata distans
in plain english thus: the best physicians are, Doctor
Quiet, Doctor Merryman and Doctor Diet.
si mihi Gipsini scriinia lippa complas, pulis, verbum non amplius
addam.

